



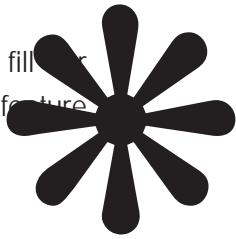
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The Fit Gourmet©

italian style
**VEGETARIAN
BODYBUILDING**

Eating vegetarian foods doesn't mean giving up the tastes you love...just enjoy the cruelty-free versions of your favorites!

Vegetarian eating is as easy as substituting tangy marinara for meat sauce, opting for black bean burritos instead of beef tacos, enjoying creamy soy or rice milk in place of cow's milk, and exploring all of the wonderful animal-free, earth-friendly, and healthy products in our grocery stores.

Today, we no longer need to make a special trip to our local health food store to fill our shopping carts with a wide array of vegetarian choices: Nearly all major supermarkets feature delicious, vegetarian food.



Eggplant Parmesan

The antioxidants in eggplants may protect against heart disease and relieve pain from inflammatory diseases.

The best eggplants are firm and heavy for their size and spring back when pressed lightly. Store them unwashed in a plastic bag in the refrigerator and they'll stay fresh for three days.



Eggplant Parmesan

INGREDIENTS FOR EGGPLANT:

2 large (1-pound) eggplants, cut crosswise into 1/4-inch slices
1/4 cup water
1/4 teaspoon salt
2 large egg whites, lightly beaten
1 large egg, lightly beaten
1 cup Italian-seasoned breadcrumbs
1/4 cup Parmesan cheese, grated
Cooking spray
1 (16-oz.) low-fat cottage cheese
12-ounces shredded part-skim mozzarella cheese
2 tablespoons fresh parsley or oregano, chopped to garnish

DIRECTIONS FOR EGGPLANT:

1 Preheat broiler. In a small bowl combine water, salt and eggs. On a large plate combine breadcrumbs and Parmesan cheese. Next, dip eggplant slices in egg mixture then

dredge through breadcrumb mix coating both sides. Place half of eggplant on a pre-sprayed baking sheet and broil 5 minutes on each side or until browned. Repeat with remaining eggplant; set aside.

2 Spread half of tomato mixture in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange half of eggplant over sauce. Top each eggplant with one tablespoon of cottage cheese and sprinkle half of mozzarella cheese over top. Repeat layers with remaining sauce, eggplant, and cheese.

3 Bake at 350° for 30 minutes or until bubbly. Let stand 5 minutes before serving. Serve over 1/2 cup whole-wheat angel hair pasta, and sprinkle with grated Parmesan and fresh oregano or parsley. Mmmmm!

the Sauce

*INGREDIENTS FOR SAUCE:

1/2 cup dry white wine
3 tablespoons fresh basil, chopped (or 1 tablespoon dried basil)
3 tablespoons fresh oregano, chopped (or 1 tablespoon dried oregano)
1 (32-oz.) can no-salt-added tomato sauce or crushed tomatoes
1 (28-oz.) can no-salt added whole tomatoes, undrained and chopped
1 (6-oz.) can tomato paste
3 garlic cloves, minced

DIRECTIONS FOR SAUCE:

1 In a large saucepan combine all ingredients, bring to a boil, reduce heat and simmer uncovered for 20 minutes while you prepare the eggplant.

***Quick Tip:** If you find yourself in a hurry you can cut down on cook time by simply substituting two 26-oz. jars of fat-free marinara sauce instead of making your own. You can always add some fresh basil, oregano and garlic to give it a little more of that homemade taste-no one will ever notice the difference!

Did you know that that eggplants are actually fruits and are classified botanically as berries?

SHOPPING TIP:

Eggplant comes in dozens of varieties from large to small and purple to white. The most common eggplant is the large, dark purple American eggplant, which is found in our grocery stores all year long. Choose eggplants that have a smooth, shiny skin and are firm but slightly springy. Store in a cool, dry place and use within two days.



ADVANTAGES OF A VEGETARIAN DIET

1. It tends to be lower in cholesterol. High cholesterol diets tend to clog the arteries, increasing the risk of coronary artery disease.
2. It tends to be lower in fat. The typical high fat American diet leads to obesity, heart disease, and other ailments.
3. It tends to contain more complex carbohydrates and fiber (things which decrease the risk of heart disease and cancer).
4. It contains fewer toxins. Hundreds of man-made chemicals are placed in the feed of livestock or injected into their bloodstreams (steroids and other growth hormones, antibiotics, fertility drugs, etc.). All of these chemicals wind up in the animal flesh the consumer purchases.
5. It can be cheaper (have you ever compared the prices of vegetarian entrees at a restaurant with the prices of meat entrees?)
6. It is better for the environment. Millions of acres of forest are cleared every year to create pastures for cattle to graze in.
7. It requires fewer resources. Sixteen pounds of grain go into the production of one pound of beef. If the demand for beef decreased, more grain and soybeans would be available to the hungry of the world.
8. It is kinder to animals. The era when men when out into the wild and killed animals in order to survive is over. At that time, animals lived free until they were killed by man.

source:goveg.com

FETTUCCINE WITH SILKEN TOFU ALFREDO SAUCE

Serves: 4 to 6

Pureed silken tofu has an ultra-creamy, custard texture that is perfect for sauces such as this, or as a base for dips and salad dressings. Look for it in the produce section of any supermarket.

- 12-ounce package fettuccine (see note)
- 2 tablespoons non-hydrogenated margarine
- 3 cloves garlic, crushed
- 16-ounce tub silken tofu
- 1/2 cup low-fat milk, rice milk, or soy milk
- 1 teaspoon salt
- Freshly ground pepper to taste
- Grated fresh Parmesan cheese, preferably organic, or Parmesan-style soy cheese for topping

Bring water to a boil in a large pot. Cook the noodles in rapidly simmering water until al dente, about 10 to 12 minutes, then drain.

In the meantime, heat the margarine in a small skillet. Add the crushed garlic cloves and sauté over medium-low heat for 2 to 3 minutes, or until they are golden. Remove from the heat and discard the garlic cloves.

Combine the tofu and milk in a food processor and pour in the melted margarine from the skillet. Process until completely smooth and creamy. Combine the hot, drained noodles and the sauce in a large serving bowl and toss together. Season to taste with freshly ground pepper and toss again. Serve at once. Pass around Parmesan cheese to whoever wants some.

NOTE: A combination of green and white fettuccine makes this a very attractive dish.

tid-bit ...famous vegetarians

Leonardo Da Vinci, Charles Darwin, Socrates, Plato, Sir Isaac Newton, Thomas Edison, Clive Barker, David Duchovny, Drew Barrymore, Candice Bergen, Kim Basinger, Paul McCartney, Chelsea Clinton, Woody Harrelson, Steve Vai, Eddie Vedder, Lisa Simpson, Hank Aaron, Alec Baldwin, Bryan Adams, Peter Gabriel, Mary Tyler Moore, Leonard Nimoy, Alicia Silverstone, Liv Tyler, Jerry Seinfeld, Ralph Waldo Emerson, Mark Twain, Henry David Thoreau.

